

Moss Side Playgroup

HEALTHY EATING

JANUARY 2017

VERSION 1.0

## EYFS

### Healthy Eating

Moss Side Playgroup will ensure that all children are provided with a healthy snacks and drinks, whilst ensuring that the needs of children who have special dietary requirements are met. Our ethos is to foster a healthy approach to diet and lifestyle and we do this through daily routines, specific activities and by providing good role-models. Children are encouraged to develop independence by making healthy choices and to satisfy their own needs for food and drink.

#### Procedures:

- Key persons and parents will complete the All About Me booklet (on tapestry) together and parents will provide information regarding their Childs eating habits, their likes and dislikes and any special dietary requirements, this information is also recorded on the registration forms.
- Key persons will then inform the nursery manager about any special dietary requirements e.g. vegetarian diet, any allergies etc.
- Information regarding dietary requirements is recorded in a file that is stored in the kitchen and all staff are aware of the children's dietary requirements.
- All staff have attended Food Safety training and snacks are prepared and stored according to manufacturers recommendations.
- Foods containing too much fat and sugar are generally avoided, with the exception of special occasions such as Birthdays and Religious Festivals were treats are permitted.

#### Provision for children:

- Children are encouraged to respond to their own needs for food and drink by independently accessing the snack area.
- During the morning session healthy snacks such as toast, crumpets, fruit, milk and water are provided.
- A selection of fruit, milk and water is also available throughout the day.
- Children bring a packed lunch to nursery.
- Practitioners work with parents to encourage healthy eating and lifestyles and if necessary involve Dieticians and Health Visitors.
- Alongside a healthy balanced diet Moss Side Playgroup encourages children to be physically active and to take part in a variety of physically challenging activities.

**ANNUAL REVIEW**

The manager and chair of the committee will review this policy statement annually and update, modify or amend it as it considers necessary to ensure the policy meets the needs of Moss Side Playgroup.

Signed .....Date ..... (Chair of Committee)

Signed .....Date ..... (Manager)

<b>COMPILED APPROVED REVIEWED REVISED</b>	<b>VERSION</b>	<b>DATE</b>	<b>EDITOR</b>
Compiled	1.0	January 2017	Kersh Webster/EYFS Staff
Approved			